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Crossfit Level 1 Certification 2023/ 2024 Exam| Questions and Verified Answers |100 % Correct

Q: Cross training (definition)

Answer:
exceeding the normal parameters of
the regular demands of your sport or training

Q: Why are functional movements important?

Answer:
functional movements are mechanically sound and therefore safe, and secondly they are the movements
that elicit a high neuroendocrine response

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Q: CrossFit dietary prescription

Answer:
• Protein should be lean and varied and account for about 30% of your total caloric load.
• Carbohydrates should be predominantly low- glycemic and account for about 40% of your total caloric load.
• Fat should be from whole food sources and account for about 30% of your total caloric load

Q: Caloric intake prescription

Answer:
Total calories should be based on protein needs, which should be set at between 0.7 and

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1.0 grams of protein per pound of lean body mass (depending on your activity level). The 0.7 figure is for moderate daily workout loads and the 1.0 figure is for the hardcore athlete.

Q: What should I eat?

Answer:
Base your diet on garden vegetables, especially greens, meats, nuts and seeds, some fruit, little starch, and no sugar

Q: World Class Fitness in 100 Words

Answer:
Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Keep intake to levels that will support exercise but not body fat. Practice and train major lifts: Deadlift, clean, squat, presses, clean and jerk, and snatch.

Similarly, master the basics of gymnastics: pullups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds.

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Bike, run, swim, row, etc., hard and fast.

Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense.

Regularly learn and play new sports

Q: CrossFit's first fitness model (description)

Answer:
the 10 physical skills

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Q: cardiovascular/respiratory endurance

Answer:
ability of body systems to gather,
process, and deliver oxygen.

Q: stamina

Answer:
ability of body systems to
process, deliver, store, and utilize energy

Q: strength

Answer:
ability of a muscular unit,
or combination of muscular units, to apply
force

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Q: flexibility

Answer:
ability to maximize the
range of motion at a given joint

Q: power

Answer:
ability of a muscular unit, or
combination of muscular units, to apply

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